



Review of Gokshuradi Guggul according to Bruhatrayiratna Datarshastri in Panchbahutik Chikitsa.

Dr. Hrishikesh Kulkarni¹, Dr. Swati V. Patil²

¹P.G. Scholar, Dept. of Rasashastra, Yashwant Ayurvedic College, Post Graduate Training & Research Center, Kodoli, Maharashtra

²Associate Professor, Dept. of Rasashastra, Yashwant Ayurvedic College, Post Graduate Training & Research Center, Kodoli, Maharashtra

ABSTRACT

Panchbhautik Chukicha is an Unique branch of Ayurveda , based on one of the Ayurveda's core philosophies Macrocosm and Microcosm. It was brought into practice by Bruhatrayiratna A.V. Datarshastri. Ayurveda believes that everything that exists in universe, Macrocosm, also appears in the internal cosmos of human body, microcosm. Datarshastri has developed some new formulation and some minute changes in some classical formulations to cure disease and in short doses also. In this article, we are trying to explain pharmaceutical processing of Gokshuradi Guggul according to Datarshastri explained in Panchabhautik chikitsa, making more effectively than classical text explained in Sharangdhar Samhita.¹

Keywords: *Gokshuradi Guggul, Panchbhautik Chikitsa, Mutrakruccha, Mutraghat, Prameha, Pradar, vaatvyadhi.*

INTRODUCTION

Bruhatrayeeratna A. V. Datarshastri has developed this Unique method of Panchabhautik Chikitsa for examination of patient and treatment. According to Ayurveda, पांचभौतिकम्इदंशरीरं । and जे पिंडी तेब्रह्ममांडी। i.e. whichever present in external environment, all are present in human body in same manner only in lesser quantity. Imbalance in equilibrium of these mahabhutas in body cause diseases and to make it's harmony back to normal is the aim of Panchabhautik Chikitsa.

Gokshuradi Guggul is one of the main medicines frequently used in Panchabhautik Chikitsa. Datarshastri has designed new Gokshuradi Guggul² than originally explained in Sharangdhar Samhita, which has proved more effective in all manners.

MATERIALS AND METHODS

According to Sharangdhar Samhita :-

| | Material | Quantity |
|----|----------|----------|
| 1) | Shunthi | 100gm |
| 2) | Maticha | 100gm |
| 3) | Pippali | 100gm |
| 4) | Haritaki | 100gm |
| 5) | Bibhitak | 100gm |
| 6) | Amalaki | 100gm |
| 7) | Musta | 100gm |

For Kwath preparation :-

Gokshur Bharad :-2.8 kg

Guggul :-700 gm

According to Panchabhautik Chikitsa पद्धती:-

| | Material | Quantity |
|----|-------------|----------|
| 1) | Shunthi | 100 gm |
| 2) | Maricha | 100 gm |
| 3) | Pippali | 100 gm |
| 4) | Haritaki | 100 gm |
| 5) | Bibhitak | 100 gm |
| 6) | Amalaki | 100 gm |
| 7) | Gokshur | 100 gm |
| 8) | Prashanbhed | 100 gm |
| 9) | Dhamasa | 100 gm |

These all are churnas.

For Kwath preparation :-

- Gokshur :- 1.340 kg
- Dhamasa :-1.340 kg

- Pashanbhed :- 1.340 kg

These all are taken in Bharad form .

Guggul :-1 kg

Study Design :-Observational Study

Review and Study of Gokshuradi Guggul according to Sharangdhar Samhita:-

Gokshur Bharadis taken



It is boiled in 6 times of water.



Remained to half of total quantity.



¼ quantity of Gokshur Bharad Shuddha Guggul is taken.



It is kept on heating till saucy consistency occurs.



All churnas in equal quantity total to equal of Shuddha Guggul, are mixed to preparation.



After adding churnas with the help of ghee,tablets are prepared and used.

Review of Gokshuradi Guggul according to Datarshastri in Panchbhautik Chikitsa :-

Datarshastri has suggested that the fine powders of Herbal medicines should not be mixed randomly. It has specific order respectively.

And instead of taking only Gokshur churna, he has taken Gokshur, Pashanbhed & Dhamasachurna.

For Kwath preparation also rather than taking only Gokshur bharad, he has added Dhamasa & Pashanbhed bharad also.

First Fine powders of Shunthi, Maricha, Pippali (Trikatu) should be mixed.



Then fine powders of Haritaki, Bibhitak & Amalakiare mixed separately.



Fine powders of Gokshur, Dhamasa & Pashanbhed are mixed separately.



All fine powders are added to form homogeneous mixture.



Finally Musta powder is added to it and kept aside.



Bharadof Gokshur, Dhamasa & Pashanbhed is soaked overnight .



Triphalabharad is taken and Kwath is prepared for Guggul Shuddhi.



Guggul is slowly dissolved in Triphala kwath & kept overnight.



Next day Kwath of Gokshur, Dhamas & Pashanbhed is prepared & filtered.



Same time Guggul dissolved Triphala kwath is kept on mild flame and keep on stirring continuously.



It is then filtered.



This Shuddha Guggul is mixed with above kwath and kept heating slowly.



When semisolid consistency occurs, heating is stopped and kept aside.



Slowly fine powders of Herbal medicines are mixed to kwath and triturated well.



Tablets are prepared and kept for dry heat well.

Review of Efficacy of Gokshuradi Guggul prepared by Datarshatri in Panchbhautik Chikitsa पद्धती:-

Mutrakruccha:-

Mutrakruccha means Difficulty in passing urine.

Strotorodh is the basic pathology behind Mutrakruccha.

Prognosis

Pruthvi mahabhut has properties like Guru, Sthir, Kathin, Sthul. Any cause which increases properties of Pruthvi mahabhut will result in Stroto-avarodh means obstruction in urinary tract which leads difficulty in passing urine.

Gokshuradi Guggul prepared by Panchbhautik method, has dominance of Aapmahabhut in large quantity.

Hence Stroto-avarodh in Urinary Tract (MutrawahaStrotas) is greatly dissolved in Aapmahabhut as per Vinikaran Siddhant (Law of Evolution & Dissolution of Mahabhuta)³ explained by Datarshatri.

Mutraghat :-

In Mutraghat, two types of pathologies can be seen.

First there is low production of urine quantitatively.

secondis there is obstruction in urinary tract which yields in low amount passing of urine.

When there is Samprapti increasing properties of Tej mahabhut like Ushna, Ruksha, there is increasing dryness in every cell resulting in lesser production of urine.

Gokshuradi Guggul prepared by Panchbhautik method, contains Both Churna and Kwath of All 3 Gokshur, Dhamasa & Pashanbhed.

All these herbal medicines have properties of Mutrajanan, Bastishodhan & Daahshaman. More to that Aapmahabhutin Gokshuradi Guggulhelps to decrease Ushna, Ruksha properties of Tej Mahabhut.

Addition of Dhamasa & Pashanbhed makes Gokshuradi Guggul more potent as Tridoshaghna.

Prameha⁴:-

In Pramehasamprapti, kaphadosha, Medovaha Strotas & Mutravahastrotas all are vitiated.

Apathyajanya Ahar & vihar for long time, increases production of Immature kaph dosha. This immature kapha diminishes power of Pachak Pitta and decreases digestive fire. This *Saam Kapha*, which is abnormally present in high quantity, has prevailed in each and every part of the body. It has enveloped all the Doshas, Dhatus & Malas in the body. *Saam Kapha* makes Mansa & Meda dhatus just likely marshy mud in nature. The dominant region of Aap mahabhut is from the Umbilicus to Pelvic girdle. Due to similar in nature, liquidity flows to

urinary system & try to get rid of it. As, the region of Apan Vayu is also affected by immature kapha, the excretion process is hampered.

Gokshuradi Guggul works as Deepan, Pachan, Bastishodhan, Mutrajanan. It works on Apan Vayu making it more Anulomak.

Medovaha Strotas & Mutravahastrotas both has moolsthan Vrukka and this preparation works effectively on vrukka establishing Moole Kuthar (Eradication from Root) as Aim of Ayurvedic Chikitsa.

Dysmenorrhea⁵:-

Dysmenorrhea means Painful Menstruation.

This Dysmenorrhea may not be associated with other systemic symptoms. Here, pathologically liquidity of blood is reduced.

Prime factor behind this pathology to happen is increasing properties of Tej Mahabhut.

Gokshuradi Guggul predominantly work on Apan vayu and it contains much amount of liquid in form of Kwath, it works effectively to revert the symptoms.

On the contrary, heavy menses called as Pradar is also because of increased in Vikrut Drav gun of Tej Mahabhut.

In this condition also Gokshuradi guggul along with Chandraprabha Vati helps effectively.

Vaatvyadhi:-

Vaatvyadhi displays pathogenesis by two ways.

First pathogenesis is by Degerative pathogenesis and other one where natural *Vaat Dosha* gatiis obstructed. Apanvayu has Panchbhauti katwa of Prithvi, Tej and Vayu mahabhut.

Moolsthan of Asthivaha Strotasis explained as Medovaha strotas moolsthan and Sandhi.

And Moolsthan of Medovaha strotas is Vrukka.

Hence effectively, Asthivaha strotas has Vrukka as one of the moolsthan.

Gokshuradi Guggul prepared by paanchbhautik method, works on mools than i.e. Vrukka & reverse pathology effectively.

And also Gokshuradi Guggul works on Apan Vayu, decreasing properties of Tej MAhabhut & Vayu Mahabhut & increasing properties of Prithvi Mahabhut helps to cure degenerative cause of Vaat Vyadhi.

DISCUSSION

As all we know, Aim of Ayurvedic treatment is to treat root cause of diseases and cure it completely.

Datarshastri developed this method of Panchbhautik Chikitsa is also part of Ayurveda, but having different Panchbhautik view towards Sharir (Human Body) and its Equilibrium to achieve Aim of Ayurveda.

In Panchbhautik Chikitsa, Datarshastri has thought beyond Tridosha & Saptadhatu. Thought of constituency of Tridosha & Saptadhatu in form of Mahabhutas & treat them accordingly is very unique. He also has designed some Ayurvedic Formulations differently than classical texts improving their efficacy & potency to cure diseases. Gokshuradi Guggul is one of the Examples of his Mastery, by addition of Pashanbhed and Dhamasa Churna and Bharad for preparation.

In Mutrakruccha, avarodh in Mutravaha Strotas (Urinary System) results in difficulty & painful urination. Thisavarodh is diminished by this method of preparation of Gokshuradi Guggul by Dissolution of Prithvi Mahabhut in Aap Mahabhut.

In Mutraghat, lesser production of urine caused by increasing properties of Tej Mahabhut, is well controlled by increasing properties of Aapmahabhutin Gokshuradi Guggul.

In Prameha, production of *Saam kapha* and its effect on Dosha & Dhatus is treated by Deepan, Pachan, Mutra janan & Bastishodhan properties of Dravyas in Gokshuradi Guggul.

In Vaatvyadhi, degenerative Samprapti is effectively reversed by improving Prithvi Mahabhut properties & working on Asthivaha Strotas moolsthan.

| Sr. No | Drug Name | Rasa | Vipak | Virya | Guna | Vishesh Guna | Mahabhut |
|--------|----------------------------------|---------------------------|--------|-------|----------------------------------|--|--|
| 1 | Guggul ⁷ | Tikta Katu Kashaya | Katu | Ushna | Sukshma Agnideepak Vrushya | Rasayan Sugandhi Picchil | Agni-Vayu Akash-Vayu Prithvi- Vayu |
| 2 | Gokshur ⁸ | Madhura | Madhur | Sheet | Sheet Deepan | Ashmarihar | Prithvi Aap |
| 3 | Dhamasa ⁹ (Yawasa) | Madhur Tikta kashay | Madhur | Sheet | Sara Laghu Sheet | Madbhrantijit Muutrajanan Daahshaman | Prithvi-Aap Akash-Vayu Prithvi- Akash |
| 4 | Pashanbhed ¹⁰ | Tikta Kashay | Katu | Sheet | Sheet Bhedan | Bastishodhan Ashmaribhedan | Akash-Vayu |

| | | | | | | | |
|---|--------------------------------|-------------------------|--------|---------|-----------------------------------|--|---|
| 5 | Triphala ^{11/12/13} | Pancharas | | | Deepani Ruchya | Sar Mehakusthan ut | |
| 6 | Shunthi ¹⁴ | Katu | Madhur | Ushna | Ushna Ruchya Laghu Grahi | Aamvatghni Snigdha Paachani Vrushya | |
| 7 | Shwet Maricha ¹⁵ | Katu | Katu | Ushna | Ruksha Tikshna | Deepani Pramathi | Agni-Vayu |
| 8 | Pippali ¹⁶ | Katu | Madhur | Anushna | Rasayani | Snigdha Anushna Swadupaak | Agni-Vayu |
| 9 | Mustak ¹⁷ | Katu Tikta Kashay | Katu | Sheet | Aruchijit Heem Jwarjit | Grahi Deepan Pachan Kshardharmi | Agni-Vayu Akash-Vayu Prithvi-Vayu |

REFERENCES

- 1) Dr. Brahmanand Tripathi, Pandit Sharangadhachaya virachit Sharangadhar Samhita, Choukhamba Surbharti Prakashan , Varanasi ,Reprintedon2008,Madhyam Khand Adhyay 7 Vatak Kalpana , 84-87 , page. no 206
- 2) Vaidya Atmaram Datar ,Panchbhautik Chikitsa Part 1 ,Published by Panchabhautik Chikitsa & Sanshodhan Kendra ,Sangli,4th Edition ,Raktadaab , page. no 383
- 3) Vaidya Atmaram Datar, Panchbhautik Chikitsa Part 1, Published by Panchbhautik Chikitsa & SanshodhanKendra, Sangli,4th Edition, page no.36
- 4) Panchabhautik Chikitsa Volume 1, Compiled, Edited & Translated by Dr. Aniruddha Kulkarni, Published by Panchabhautik Chikitsa & Sanshodhan Kendra, Sangli ,1st Edition, Prameha Chikitsa, page no 114
- 5) Panchabhautik Chikitsa Volume 1, Compiled, Edited & Translated by Dr. Aniruddha Kulkarni, Published by Panchabhautik Chikitsa & SanshodhanKendra, Sangli, 1st Edition, Stree Rog Chkitsa, page no.41
- 6) Panchabhautik Chikitsa Volume 1, Compiled, Edited & Translated by Dr. Aniruddha Kulkarni, Published by Panchabhautik Chikitsa & Sanshodhan Kendra, Sangli ,1st Edition, Vaatvyadhi Chikitsa, Page no.128
- 7) Bhavprakash Nighantu by Dr. K. C. Chunekar, Published by Choukhamba Bharati Academy, Reprint on2002, Karpuradi Varga 38/39, page no.204

- 8) Bhavprakash Nighantu by Dr. K. C. Chunekar, Published by Choukhamba Bharati Academy, Reprint on2002, Guduchyadi Varga, 44-46,Page.no.292
- 9) Bhavprakash Nighantu by Dr. K. C. Chunekar, Published by Choukhamba Bharati Academy, Reprint on2002, Guduchyadi Varga 212-214, Page.no.412
- 10) Bhavprakash Nighantu by Dr. K. C. Chunekar, Published by Choukhamba Bharati Academy, Reprint on2002, Haritakyadi Varga, 184, page no.105
- 11) Bhavprakash Nighantu by Dr. K. C. Chunekar, Published by Choukhamba Bharati Academy, Reprint on2002, Haritakyadi Varga, 06-21, page no.3/4
- 12) Bhavprakash Nighantu by Dr. K. C. Chunekar, Published by Choukhamba Bharati Academy, Reprint on2002, Haritakyadi Varga, 38-40, Page no.10/11
- 13) Bhavprakash Nighantu by Dr. K. C. Chunekar, Published by Choukhamba Bharati Academy, Reprint on2002, Haritakyadi Varga, 36-37, Page no.9-10
- 14) Bhavprakash Nighantu by Dr. K. C. Chunekar, Published by Choukhamba Bharati Academy, Reprint on2002, Haritakyadi Varga 44-47,Page no.13-14
- 15) Bhavprakash Nighantu by Dr. K. C. Chunekar, Published by Choukhamba Bharati Academy,Reprint on2002, Haritakyadi Varga, 59-61, Page no.17
- 16) Bhavprakash Nighantu by Dr. K. C. Chunekar, Published by Choukhamba Bharati Academy, Reprint on 2002, Haritakyadi Varga, 55-58, page no.15
- 17) Bhavprakash Nighantu by Dr. K. C. Chunekar, Published by Choukhamba Bharati Academy, Reprint on2002, Karpuradi Varga 93-94, Page no.244.